THE TIMES DAILY MAGAZINE PAGE

Kept Her Husband

The Well-Dressed Woman, and the Capable Woman Couldn't See Through Her Tactics. Read Care fully. Can You?

THEY had stood at the lattern counter for perhaps five min-utes, the Well-dressed woman the Capable woman, and the Happy, quietly dressed woman, talking their husbands. The Hanny had led the conversation. The woman had a firm grasp on a four-year-old, who showed tendencies to

Soon the Happy, quietly dressed woman left, and the other two, after following her retreating figure for a moment with their eyes, turned and gave one another a long, long look.
"How does she do it?" asked the Ca-

pable woman, giving a mechanical hitch to the arm of the fat four-year-old.
"I don't know," mused the Well-dressed woman. "She never was so attractive at school. And yet she has many clause the has many clause the has many clause the has never the second of the many clause the has never the second of the many clause the has never the second of the many clause the has never the second of the married a fine man. Caught him one

summer. And he eats out of her hand." The Capable woman shrugged her shoulders. "I suppose it's just luck. You know that I am a good house-keeper. And I CAN cook. Our home is pleasant. But I can't keep my busband

pleasant. But I can't keen my husband in it. He'd rather talk to the meh at the fire engine station than risk sitting an evening with me."

The Well dreased woman nodded sagely. "You can't tell what they want. I certainly am no slouch." She made a moue with her mouth, straightened her veil, and gave herself a satisfied and appraising glance. But the next moment her brow wrinkled as she wryly admitted, "And mine! He either goes into a trance when he sits in the same room with me, or passes off into a heavy sleep in his chair. And gosh—" her eyes snapped "I talk to him. No use. And we've been married four years, and she," indicating the absent friend with a nod in the direction she had taken, "has been married tep." supplied the Capable woman.

They mused on the trick of Fate, which passed all understanding for a moment, and suddenly the Capable woman spoke again. "And she really is silly," she aded lamely. "That remark that the made as she went oft—"I'm going home to welcome my husband off to New York."

The Well dressed woman gave her speaker a look which plainly called the absent friend an insane idiot, but all she said was:

"Now, what do you think she could

all she said was:
"Now, what do you think she could have mean't by that?"

Will Irwin said the other day that women whose names were their trademarks and part of their earning capacity, especially in the case of women in professional life, like actresses and authors, should not be expected to change their names. Said his wife wouldn't change her name.

Well, he's right. Inex Hayes is all visht.

right.

But it shouldn't be made a law, or anything like that.

It wouldn't be fair.

From whence would come the long looked for relief to the Misses Hogg and Scaggs, and Higgenbottom, and Fish-

Leap Year Advice.

Look before you leap. THINGS WE ALWAYS FORGET. What's what in French pastry. Ditto in bon-bons. Ditto in bon-bons.

The exact name by which the thirdme-married woman wishes to be
jown in public.

Diplomats have been wasting months a finding out the meaning of "strict occountability." Why didn't they save me in the first place by asking Mr. len Peck?

Safety First. Spring is coming, But beware. Snuffles lurk In days most fair. Be advis-ed, Heed my tune-Do not take them off too soon!

How She Southern Mountaineers of Today Retain Quaint Customs of Two Centuries Ago

Belief in Haunted Houses, Witches and Spells Is as Much a Factor in the That a cat in the house will keep it from burning. Everyday Lives of These People as the Omnipres-

HERE Is more of the England of two centuries ago in the Appalachian mountaineers today than you will find in any part of the British

ent Corn and Pork.

That statement may come as some thing of a surprise to people who will not believe that there are still parts of the United States where white people believe in the mystic powers of the seventh daughter of a seventh daughter, keep a cat in the house always as a talisman against fire, and celebrate Christmas on Jan-

Nevertheless Mrs. David White, of this city, recording secretary of the Southern Industrial Educational Association, sums up in that one sentence conditions in some of the typical present-day settlements in untainous districts of the South.

Most of those who read the novels of John Fox, jr., and Charles Neville Buck are inclined to accept them with the traditional grain of salt. Work among the mountaineers

There Are White People in America | Southern Industrial Educa-Today Who Believe

That the seventh daughter of a seventh daughter has occult pow-

That there are witches, who can cast deadly spells. That Christmas is a season of mourning, not of rejoicing.

has shown that these stories are not only true, but even gloss over conditions in the Appalachian region. These mountain people, five or six generations out of the way of modern civilization, have been practically at a standstill for more than a century and a half.

Pure English Blood. In spite of this, it is claimed that theirs is the purest English blood in America today. A traveler in the various parts of Virginia and Kentucky where they live is surprised to notice that their dustoms and their speech date back to the Queen Anne days of England. Many a queer

Anne days of England, Many a queer old English idiom, obsolete in the rest of the world creeps in and out of their conversation. Such words as "tarry" for "stay," have an almost Biblical quaintness.

"These people," declares Mrs. White, "are no more like the 'poor white trash' of the lowlands than the white man is like the colored. Indeed, not all of these people are in need of help. They are liliterate through isolation, poverty, and hard-

Exit Straw; Enter Cloth and Silk

ships, but not ignorant. They are members of a virile, hardy race, suffering from lack of opportunity, not inferiority.

"They formed one-sixth of the population of the colonies, and came over here from the mother country, England, because they wished to be let alone. In England they lived on the Scotch border, where the clan spirit was paramount. What wonder, then, if they carried their fighting

spirit over to this country?
"Could you see these people as I did in a six weeks" trip through the Kentucky mountains, you would see their possibilities.

Of Religious Standards. "There they live shut away from the rest of the world, in cabins of weather-worn logs, with no roads but the beds of streams. For six generations they have hunted wild game and fished the mountain streams. Hogs, tobacco, and corn are the only products of their farms."

Mrs. White describes these people

ments used on these plain hats may be made at home, too. It takes a little practice to make

a neat rosette, to be sure, but the

practice is worth while. Then

there are all sorts of buckle foun-

dations, which may be covered

with scraps of material and con-

themselves.

stitute a complete trimming of

Household Hints.

ter. Brush this well into the feit, leave till dry; and then brush off. The paste must be rather stiff or there will be difficulty in brushing it out after-ward.

To prevent needles and pins from rust-ing stick them into a piece of fiannel which has been saturated with machine oil. This can be folded up and kept in a tin box.

To clean steel rub the article with

Brasswork can be kept beautifully bright by occasionally rubbing with salt and vinegar.

a pulece of wash-leather dipped

To clean a white felt hat first prepare paste of powdered magnesia and wa-

tional Association and the Women's Clubs of Kentucky Are Endeavoring to Bring Present-Day Civilization to These People.

as religious, according to their own standards.

"We done tuck up and waited for the minister to come has no thought of wrong to them. The girls marry at the age of thirteen or fourteen years, and a family averages from ten to twelve children.

"Witchcraft, belief in haunted houses, and the casting of spells are all very real to them. The Scottish belief in second sight and the efficacy of the seventh daughter of a seventh daughter still prevails, as well as the superstition that the house will never burn that has a cat in it. In order to uree a cat to stay in a new house it is necessary to bury the tip of its tail under the doorsten.

"Strange to say, Christmas is not a season of joy, but of mourning and gloom, with the mountaineers. Stories of Sants Claus and the hanging of Christmas stockings would, indeed, be a novelty to the mountain children."

"No Illiteracy" Slogan.

"No Illiteracy" Slogan. Since the women of Kentucky have been informed of the mountain conditions in their State, their slogan has been "No illiteracy after 1930." The reports that their State has the second highest proportion of illiteracy has aroused the club-women to action, according to Mrs. White.

women to action, according to Mrs. White.

"A moral evolution must be brought about," says she," and this can best be done through the settlement schools, which the mountain children and even their parents may attend eight mouths in the year. It is well nigh impossible to make district schools a success, for the boys and girls cannot attend them with any degree of regularity, owing to the condition of the roads.

"The moonlight schools are attended by almost as many parents as young people. Many times, when it has been difficult to get the older people to come, it has been found that their pride was standing in the way of going to school, at their age It is really surprising, though, how many will show up if the school is labeled a college.

Changes Coming.

Changes Coming.

"When the teachings of the schools have brought about the moral evolution that is sure to come, the boys and girls will want to get away from their mountain log cabins at first," continued Mrs. White, "but they will continued Mrs. White, "but they will return to uplift their own race."
"It will not be possible to bring about such great changes in the condition of the Appalachian people in our generation." she added, "yet they are sure to come eventually."
The Southern industrial Educational Association, is one organization working to bring this about. It was founded ten years ago by Mrs. Martha Sawyer Glelow, of Greensbero, Ala., a daughter of Enoch Sawyer, a North Carolinian. Auxiliary associations work in Phila-Sawyer, a North Carolinian. Auxiliary associations work in Philadelphia, New York, and Baltimore. It is a fact little known that these mountain people live in other States than Virginia and Kentucky. the former State and one in the lat-ter, there are two settlements in North Carolina, one in Georgia, one

North Carolina, one in Georgia, one in Kentucky, one in northern Ala-oama, and one in Tennessee. Work of the industrial association is maintained to a great extent by the sale of handicrafts from the mountains at the parent organiza-

RECIPES

Tomato Pie.

One pound tomatoes, one half pound potatues, cooked, one-fourth ounce chopped onion, two ounces bread

chopped onion, two ounces bread crumbs, one ounce butter, one-fourth teaspoonful pepper, one teaspoonful sugar, one-fourth ounce grated cheese.

Skin tomatoes and cut in slices; sprinkle with pepper, sait and sugar. Put one tomato into saucepan with one-quarter pint of water and cook until tender, then rub through a sieve, and use this for moistening the pie. But the potatoes into slices, spread a pie dish with a little of the butter; put the potatoes, tomato, onions, and bread crumbs in layers in a pie dish and pour over the liquid made with the tomato. Put the rest of the butter on the top. Bake for half an hour, then sprinkle with cheese and put back in the oven for five or ten minutes.

English Plum Tart. Line a deep dish with piccrust. I'll with plums, sprinkling thickly with brown sugar. Cover with crust and bake forty minutes. Serve hot with thick cream.

"Fashionable" Foods Cost More Than Others and Are Not As Nutritious

By DR. LEONARD KEENE HIRSHBERG.

ing to the prevalent taste and fashion, as you empty your coin into the purses of tailors and dressmakers for style and cut of gar-

ments.

The embodiment of nourishment and the health and growth of your physical fiber are not at all represented truthfully by the high cost of ailment. Concrete examples of this simple truth abound on all sides. The cod as a table fish is excellent. It costs only one-half as much as halibut. Halibut, however, is the vogue, despite the fact that cod is as rich in albuminous food as is its modish hotel competitor.

True enough, the latter fish has more oil and fat than the cod. This slight discrepancy, however, is more than made up by butter, lard and oleo used as dressing. Herring, mackerel, haddeck, eel and turbot are all rich in fat. As food, herring and mackerel are only one-third less valuable as energy makers than is salmon. With the addition of various kinds of pleasing sauces, the less fashionable fry equals the heat and work-making powers of the other.

Variety Is "Spice."

Variety Is "Spice."

A wise physiologist—or rather an experimental psychologist—advises that food be made to fit the man as the lord high executioner of "Mikado" fame made punishment fit the crime, or the railor cuts the cloth to the coat. That is to say, the method of the old-time actor-humorist should be followed, to wit, to adapt the kind of victuals you cat to the part you have to play. "Choose pork for tyrant, beef for murderers, and mutton for lovers."

Too much sameness on your table means more or less monotony and habit in your daily grind. Life's labor is lost, indeed without variety's "spice." To follow a famous pure food chemist, whose child is never given ice cream, whose household must woigh and measure all nutriment so that a definite percentage of "catories" of heat units are to be calculated with each meal, is to defeat health, happiness and well being.

One of the economic defects of most dining rooms is a shameful disregard for wide mixture of rations, especially the negligent disdein of string beans, lima beans, spinach, carrots, cauliflower, asparagus, sprouta crees, turnips, and green vegetables.

The whites of eggs, animal fiesh, the solids in milk after it has been creamed, and parts of ceyeals and fish are essentially builders of tissues. These contain nitrogen and help the structures to grow. Man

OU actually pay for food according to the prevalent taste and fashion, as you empty your coin into the purses of tailors and samakers for style and cut of garnets.

The embodiment of nourishment and lives upon there, and keeps at work and remains warm upon sugars, starches, oils and fats.

Fertilizers and minerals are as necessary to the human soil as they are to the earth's rugged fabric. Vegetables, fruits and natural waters yield man those most desirable.

Balance the Diet

Balance the Diet

Other things equal, flesh-making foods should only be one-fifth of the dietary. There should be four times as many sweets and starches as nitrogen foods, and only one-fifth as much fat as all the food combined.

Starches and sugars do not cost much, oleomargarine costs only one-third as much as butter, and for cooking purposes answers as well. It is the equivalent of butter in its ability to make heat and power in the living anatomy. Oatmeal contains both fat and protein—a flesh-maker. Three good herrings contain an abundance of fat as well as protein. They are composed of more fat than a pound of lean meat, though they cost but one-fifth the price. Poor people are often automatically kept poor—that is to say, prevented from the necessary physical exertion to earn more money because of a poorly balanced diet.

A fundamental error on such a table is excess of starches, sweets, oils, and fillers, and an absence of the proper proportion of proteins or flesh foods.

The cheapest of the latter are cheese, skim milk, fish and green vegetables. Barley and milk is a far better food than are rice and milk, oatmeal and milk or some breakfast foods.

Barley is a much neglected victual. It can be made into "preserves" with prunes, baked into breads and cakes, cookies and desserts, and is a highly valuable as well as cheap food.

Finally, the blood pressure can be kept well balanced, the health maintained on an even keel, and the comfort and efficiency of the vital powers held at its best if not too much of any one ration is eaten and no excess of the whole is allowed.

(Copy't 1915, by Newspaper Feature Service.)

PERSONAL ADVICE.

Readers desiring advice should remember: To address inquiries to Dr. L. K. Hirshberg, care of The Times.

2. To enclose a stamped and addressed envelope if a personal reply is desired.



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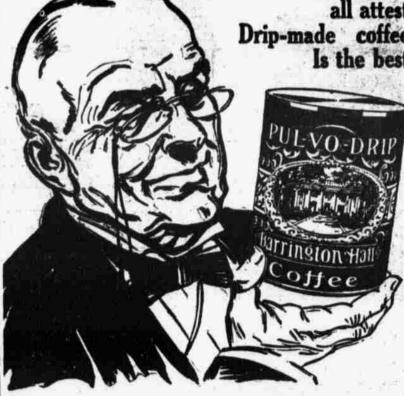
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Time to Begin Flower Beds

Hot Beds and Cold Frames Will Give Plants Early Start, Says Department of Agriculture Expert.

Many garden lovers who are envious of their neighbors' earlier blooms fail to realize that they can do many things even in February to give some of their plants an earlier start. Those who own hotbeds or cold frames, the specialists of the Department of Agriculture say, should see to it that their annual flowering plants are started at once. This advice applies to those flowers to be used later in beds and to those grown for cut flowers.

Some of the flowers which give particularly good results if started in hotheds or cold frames are: Agertum, alyssum. aster, calendula or pot marigold, calliopsis, campanula, castor bean, chrysantheeockscomb, cosmas, fouro'clock, godetia, marigold, petunia,

sweet william, Scotch pink, scarlet sweet william. Scotch pink, scarlet sage, and verbena.

The seed of some of the flowers listed below need not be started in hotbeds, but can be sown later in the season in the open ground and then transplanted to their permanent locations. The seed of these flowers should not be sown until there is no longer likelihood of a heavy frost. A good test to determine whether the garden soil can be worked well is to take up a mass of it in the hand and compact it into a ball, if this ball readily falls apart, the ground is dry enough to be worker.

Snade Ground Well.

Spade Ground Well.

It is particularly important in planting flowers to spade up the ground, fine it thoroughly with hoe and rake and remove the stones and lumps from it. The actual surface should be made very fine and soft. In planting each kind of seed the directions as to depth of planting

ers that can be sown in this way

TRAW is not the only favored

their share of attention, especially

A model covored with daintily fig-

ured silk bas a high crown and ex-

ceedingly narrow brim. The fac-

ing is of dark faille. Narrow rib-

bons encircle the crown, apparently

for small tailored hats.

material for new spring bonnets-far from it. Silk and

broadcloth, too are claiming

are:
Ageratum, alyasum, aster, rot marigold, calliopsis, campanula, clarkia (shade), cockscomb, dahliahs (single), godetis, gaillardi, mignonette, pansy, pinks, rudbeckia, snap-dragon, stocks, zinnias.
Sweet peas should be in the ground very early in the spring, as soon as it is dry enough to work. The soil should be spaded up and well prepared and then a trench should be dug four inches deep; in the bottom of this the peas should be planted about two inches apart. When the peas are to be grown over chicken wire or brush stuck in the ground it is customary to sow them in two parallel rows, six or eight inches apart.

Sowing Poppy Seed.

Sowing Poppy Seed.

Popples may be sown directly on the surface of ground that was prepared last fall. The seed should be slightly covered by drawing the back of the rake over the bed. Popples do not stand transplanting, and must be sown where they are to bloom. A succession of sowings will prolong the blooming season.

Balsams or lady's slippers, castor beans, and portulaca also are, best sown where they are to grow, but they should not be put in the ground until it is warm enough to grow beans and tomatoes well-that is, about the time corn is coming up or oak leaves are half grown. These plants could be grown in a cold-frame previous to this date, but there is little to be gained from this method. Farmers' Bulletin 285 treats fully of these plants.

This is the first of a series of three articles on spring gardening com-piled by the Department of Agricul-ture. The next will appear on Feb-ruary 26.

rosette surmounted by another, just for good measure. Unlike many of the new hats, which sit rather squarely on the head, this has a distinct tilt over the right eye.

held down in front with a crisp

Another model is of white broadcloth, to complement the spats, of course. The crown is high, with a telescoping curve to the crown. The only ornament is a rather large shield covered with white broadcloth, ornamented with a flat resette

Both of these hats seem to indicate that light colors are decreed to succeed the purples and browns of early spring. In spite of the fact that they soil rather easily, the models are all so simple that they may be made at home, at a fraction of the price charged by millinery

Many of the conventional orna-

The Individualist.

Over the waters so clear, so blue, Of the Sea of Life my bark I steer; The air is bracing and bright the view; I am young and gay and I know not

To live is truly a joyous thing! I take, but I give not: I laugh and sing; The salt winds blow on my glowing

As I forge ahead in the thrilling race. For ever I play a game with Fate, And the prize is Love-or the price is

Straight for the Harbor of Love I steer. And there my boat shall anchor while: stifle a laugh, a sigh, a tear,

While I dream and bask in the Love-God's smile. But when he urges me into the waves, With tempting tales of his coral waves, Of pearly castles and mermaids fair Who shall serve me well in his dwelling

there. lift the anchor and sail away In a sparkling shower of ocean spray! Though he speak me fair and woo me

well. I shall love but love and no one man; If love enmeshes me in a spell, Behold, I free myself while I can, Swiftly, triumphantly sailing away, Heedless of voices that bid me stay, Ever and ever to fly and be free, Breaking all bonds that would weigh upon me— But the journey's end, he it far or near, Brings the wraith of a laugh, a sigh—

-Beatrice Barry, in New York Times.

ROYAL BAKING